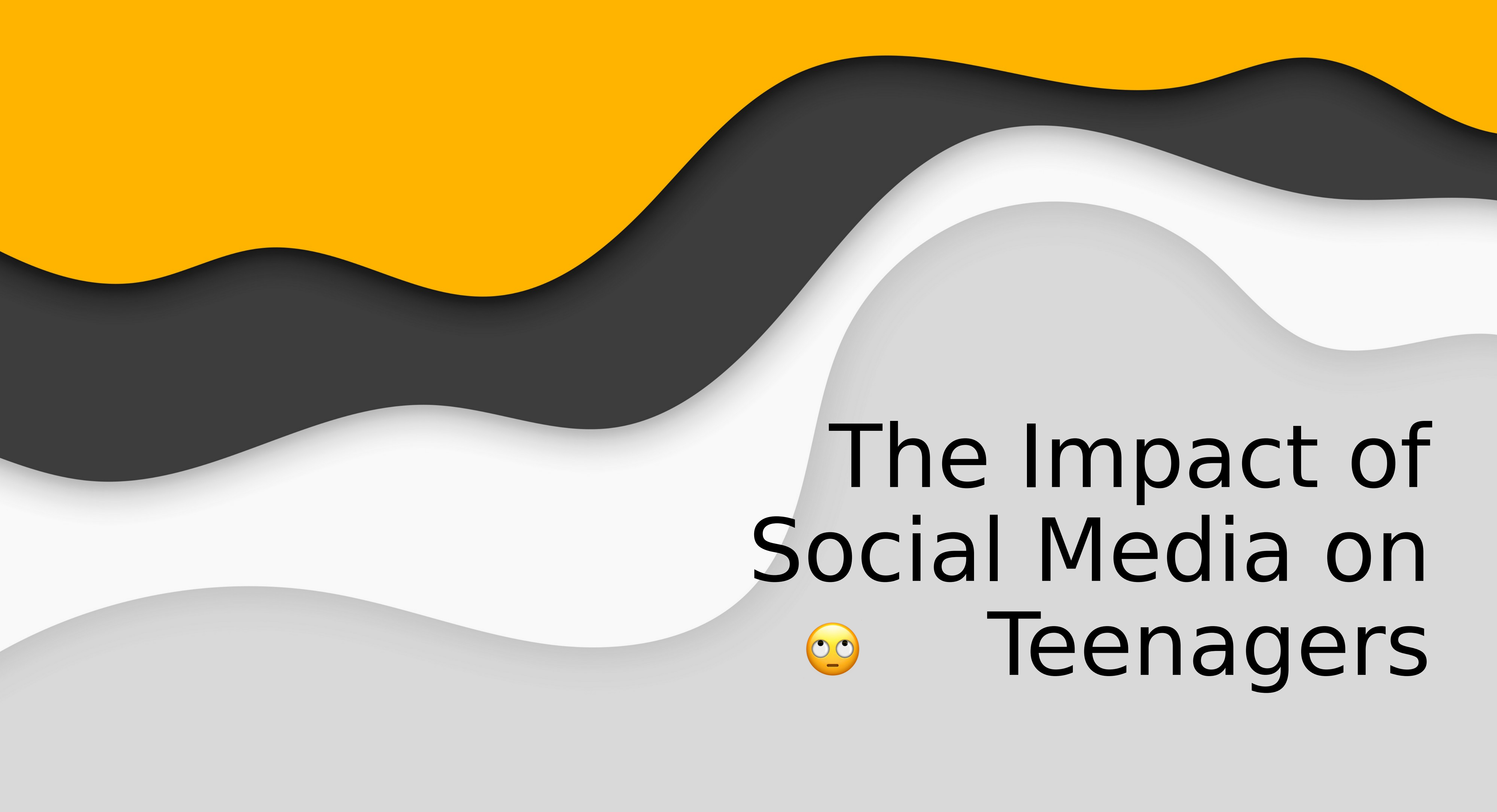


The Impact of Social Media on 🙄 Teenagers

What Are Social Networks?

- **- First introduced by sociologist James Barnes in 1954**
- **- Categories:**
- **1. Relationship networks (e.g., Facebook)**
- **2. Media-sharing platforms (e.g., YouTube)**
- **3. Review platforms (e.g., TripAdvisor)**
- **4. Discussion forums (e.g., Reddit)**
- **5. Publishing platforms (e.g., Twitter)**
- **- Most popular among Russian teens: VKontakte, Instagram, TikTok, YouTube**

Positive Aspects of Social Media

- **- Communication: Stay in touch with friends and family**
- **- Education: Access tutorials, webinars, and research materials**
- **- Self-expression: Showcase talents and creativity**
- **- Entertainment: Games, videos, and music**
- **- Career development: Freelance work, blogging, and content creation**

Negative Aspects of Social Media

- **- Cybersecurity threats: Cyberbullying, scams, harmful content**
- **- Addiction: Reduced productivity, disrupted sleep**
- **- Mental health: Low self-esteem, anxiety, and depression**
- **- Language issues: Overuse of slang impacts literacy**
- **- Physical health: Posture issues, eye strain, and inactivity**

Survey Results: Reasons for Social Media Use

- **- Communication: 77% of teens use social media daily**
- **- Information: Access news, trends, and tutorials (45%)**
- **- Entertainment: Videos, music, and gaming (56%)**
- **- Community: Belonging to peer groups (42%)**

Survey Results: Problems Caused by Social Media

- **- Decreased interest in real life: Preference for virtual interactions**
- **- Relationship issues: Neglecting personal connections**
- **- Academic performance: 30% reported lower grades**
- **- Health concerns: Sleep deprivation, lack of physical activity**

Alternatives to Social Media

- \- Outdoor activities: Sports, exploring nature (78%)
- \- Family bonding: Shared activities and trips (68%)
- iscussions: Group discussions at school or with family (53%)
- ne learning: Study groups, libraries (54%)
- bbies and board games: Creative activities (30%)

Recommendations

- **- Encourage offline activities: Sports, cultural events**
- **- Set screen-time limits: Monitor usage**
- **- Raise awareness: Cybersecurity and mental health workshops**
- **- Promote family interaction: Shared outings and communication**
- **- Enhance libraries: Interactive learning**
- **- Provide psychological support: Counseling for internet addiction**
- **- Educate on responsible internet use**

Conclusion

- - Social networks are essential but pose challenges
- - Balance online and offline activities
- - Foster creativity, education, and re world connections
- - Collaboration between parents, schoo and professionals is key